


Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 03/05/2024

Times for Saturday 20 April				
Time	Session	Facility	Level	
09:00 - 09:45	Total Body Workout	Studio	Strength and Toning	
10:00 - 10:45	Dance Fitness	Sports Hall	Mind and Body	
10:00 - 10:45	Stretch Therapy	Studio	Body, Mind and Soul	